

# Granola

## DRY INGREDIENTS

- 750g jumbo rolled oats
- 50g cashew nuts, chopped
- 100g almonds, chopped

## SYRUP INGREDIENTS

- 100g sunflower seeds
- 4tbsp water
- 4 tbsp vegetable oil
- 250ml honey
- 2 tsp LoSalt
- 125g maple syrup

## DRIED FRUIT

- 200g dried apricots, chopped
- 150g dried sour cherries

## METHOD

1. Pre heat the oven to 140c. Place the oats and nuts into an oven tray and bake in the oven for 40 min.
2. Next make the syrup. Blend together all the syrup ingredients in a pan over a low heat. Turn with a spoon till all the syrup has melted.
3. Take the oat mix out of the oven and pour over the syrup, mixing in evenly. Put back in the oven.
4. Every 40min turn the mixture over ensure the oat mix on the outside is mixed with the oats in the centre to ensure an even bake.
5. This will take about 3 hours but will depend on your oven. When the oats are a golden brown, take out of the oven , add the fruit and mix through.
6. Allow to cool and store in an air tight container.



**Makes 1 .5kg**

**RECIPE BY:**  
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